City of Irvine Community Services Department School Age Sports & Games

CREATING YOUR ENVIRONMENT

- ◆ Collect all the equipment you need for the activity
- ♦ Make sure the area is safe. (Pot holes, debris, mud, animal messes, etc.)
- ◆ Set up at the space (Colored cones are a great tool)
- ◆ Try to set up prior to the kids joining the activity
- ♦ Do not put the balls out until the directions are given
- Measure space if needed (For fitness activities)
- ♦ Make the environment fun and inviting
- ♦ Have a meeting spot where all the kids meet and sit for the leader to give directions for the game or activity
- ♦ Play Music
- ◆ REMEMBER DDADA (Describe, Demonstrate, Ask Questions, Do, Adapt)
- Participate, have lots of energy and have fun

ATTENTION GETTERS

Attention getters are utilized to obtain the attention of the program participants in a unique and entertaining way. Attentions getters are a great way to get a groups attention without yelling.

♦ Double Simon Says: Have the group play "Simon Says" as you normally would. (Game leader says Simon Says do this and does some motion. Then occasionally the game leader just says "Do that" and if anyone does that action, they are out.) However, instead of being "out" if a child makes a mistake, they go into a second circle. When the groups are fairly even, stop the game and now you have 2 teams.

♦ Repeat & Body Movement After Me:

Leader – "Head, shoulder, knees, toes and mouths closed"

Kids – Do the action

Leader – "If you can hear me - Put your hands on your head, put your hands on your knees"

Kids – Kids do the action

♦ Clap Chants:

Leader — "If you can hear me — Clap once" — Add as many clap as you like Kids — Clap once

Leader — Leader leads a clapping sequence

Kids — Kids repeat the sequence

♦ Finish My Chant:

Leader – "Who lives in a pineapple under the sea" Kids Repeat – "Sponge Bob Square Pants" Leader – "Subway" Kids Repeat – "Eat Fresh"

Leader – "Put your hands in the air"

Kids Repeat – "Wave them like you just don't care"

Leader – "Shark Bait"

Kids Repeat – "Oh ah ah"

ICE BREAKERS

Ice Breakers can be an effective way of starting an activity, event or day at camp. They help people/kids get to know each other, get to know the staff and help buy into the activity. If an ice breaker session is well-designed and well-facilitated, it can really help get things off to a great start.

- ◆ Copy Cat: 1) Have the kids sit in a circle. 2) Each participant will tell everyone there name. (If the group is older, then they can say their name and one of their favorite things). 3) Then the next child says their name plus the name of the person sitting next them. 4) Then it moves around the circle, so that everyone is introduced and meets a partner.
- Name Toss: 1) Arrange the group in a circle. 2) One person starts off by saying their name and then tosses the ball to another child. 3) That person then in turn says the name of the child that threw them the ball and also their name. 4) The ball is tossed to someone else who has not yet received the ball. 5) That continues until everyone in the circle has received the ball once.

FUN WAYS TO SPLIT INTO TEAMS

- ♦ Arm Cross: Have everyone cross their arms across their chest. Amazingly, it almost always works out to about 50% cross right over left, and the other 50% cross left over right.
- ♦ Clusters: Have kids group themselves according to attributes. Favorite colors, favorite foods, favorite super hero etc. The sillier and more personal the categories; the better.
- ♦ **Line Ups:** Group lines up according to any variable you can think of to use. Examples are: oldest to youngest; tallest to shortest; alphabetically by first or last name, chronologically by month and date of birthday.
- ◆ Pick a Number: Ask everyone to pick a number between 1 and (choose the upper number depending on the size of your group). Line them up according to which number they picked.
- ♦ Barnyard Bedlam: Give each person a slip of paper with an animal name (or colored sticks, etc. and assign blue=pig, red=cow, etc.) Participants must make the corresponding animal sound to find their group.
- ♦ Count Off With a Twist: Decide how many groups you want. Divide the number of total kids by the number of groups you want, and have them count off by that quotient. (For example, you have 40 kids and want four groups. 40/4=10. Have the kids count off by 4. Have the kids get into groups so there is one of each number in the group.
- ◆ Left -Right Count Off: Quick way to separate the kids into 2 groups.

WAYS TO INCORPORATE FITNESS INTO YOUR PROGRAMS

- ♦ Set up obstacle courses that challenge their bodies and fitness level in different ways
- ♦ Challenge your kid's cardio vascular health
- ◆ Create a Dance Club and/or incorporate free dance into your program
- ♦ Jump Roping Club
- ◆ Red, Light Green Light with Calisthenics:
 - Bear Crawls (On your hands)
 - Army Crawl (On your elbow and knees)
 - Crab Crawl (On your hands & feet backwards)
 - Lunges or Lunge Jumps
 - Side Shuffles
 - Hop on one leg
- ◆ Track & Field Day: (Time and track their progress)
 - 40 yard dash
 - Kids against leaders races
 - Relay races
 - Long Jump (Play "Jump the River")
 - Softball Throw
 - Hurdle Jumps
- One day a week have a Fitness Club: (Time and Track their progress)
 - Mile Run: one day a week have kids run the mile and track their times and progress
 - Calisthenics stations with partners (push-ups, sit up, trunk lift, stretching)
 - Agility Training Activities (ladders, bear crawls, burpees, lunges, planks)
 - Give awards or certificates for accomplishments
- Add fun elements:
 - Tires (Flip the tire, Jump on and off the tire, Hop in the middle and out, and combo with flip the tie and hop in and out, drag the tire forward, drag the tire behind.)
 - Parachute Sprints
 - Dot Drills (Make paper dots. Have kids jump in a sequence and time them)
 - Make dots with different drills or exercises on them. Have kids rotate to each station.

OUR TOP RATED GROUP GAMES

Chaos Wolf Pack Kickball Basketball North to South

RC Tag

Freeze Dance

Ultimate Team Handball Capture the Flag Football Frenzy Star Wars Ultimate Tag Mickey Mouse Rock/Paper/Scissors
3 Goal Soccer
Bombardment
Jump the River
Steal the Bacon

Recon

^{*}Reference – Cross Fit for Kids is a great resource for fitness activities and challenges.

Program Date:

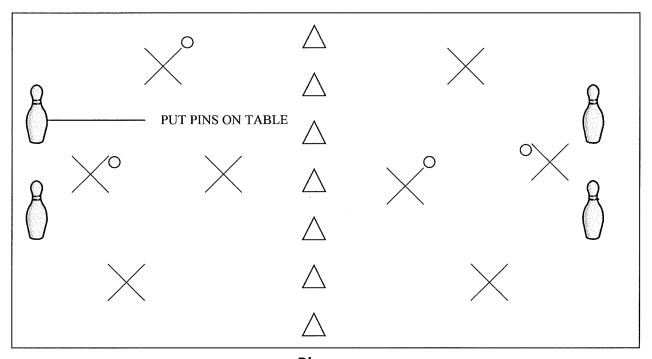
Activity Title:

Chaos!

Staff:

Active: High

Age Group: 5-12



Diagram

Lesson Plan:

Dodgeball game with two teams.

Each team has two pins on their side.

(Put the pins up on tables if you want to.)

Play dodgeball with normal rules.

If you get out, sit down on the steps on your side of the court.

You can get back in if someone on your team catches a ball. They then must call you back out onto the court!

If a pin is knocked down, the team who knocked down the pin gets a jailbreak.

The first team to have both of their pins knocked down is the loser.

Program Date:

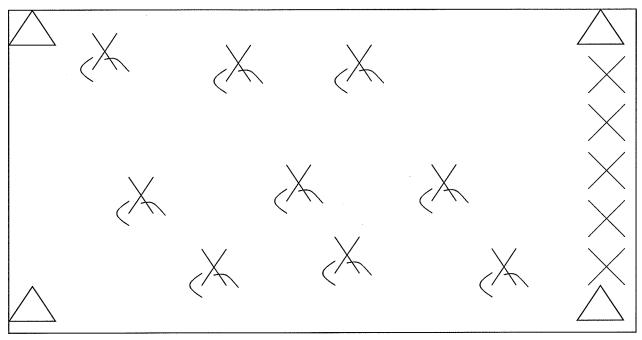
Activity Title:

Wolf Pack

Staff:

Active: High Activity

Age Group: 5-12



Diagram

Lesson Plan: Every kid gets two flags from the flag football bag.

These flags serve as tails.

This game is every man for himself as every "wolf" runs around trying to pull flags off of the other wolves.

Once one flag is removed, you must run around holding your leg like you are wounded.

Once both of your tails are gone, you are out and must sit out on the side of the field.

The meadow is a good place to play this game.

Make the field really big for a long game, really small for a quick game.

Supplies: Cones, flag football flags or colored yarn

Program Date:	Activity Title:	Kickball Basketball
Staff:	Active: High Activity	
Age Group: 5-12		
		Basketball Goal
Basketball Goal		

Diagram

Lesson Plan: Play regular kickball, but with a twist.

Regular kickball rules apply, as in you can get a kicker out just like regular kickball or baseball. HOWEVER, if a fielder shoots the ball through the basketball hoop or into the bucket while a runner is in between a base, the runner is out.

Allow every kicker on the team kick, and THEN switch.

Supplies: Bases, kick ball, Portable Basketball Hoops or bucket big enough for the kickball.

Program Date:

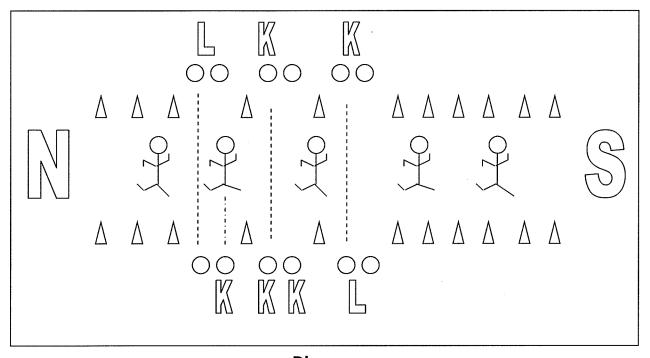
Activity Title:

North to South

Staff:

Active or Passive: High Active

Age Group: 6-12



Diagram

Lesson Plan:

- 1. Players run from North to South end without getting hit by a flying ball.
- 2. Balls are thrown by leaders and kids who have been hit with a ball.
- 3. Continue until all the kids are sitting.

K = Kid who gets knocked out by a leader or kid

L = Leader

Triangle = Cone

Circle = Gator Ball

Program Date:

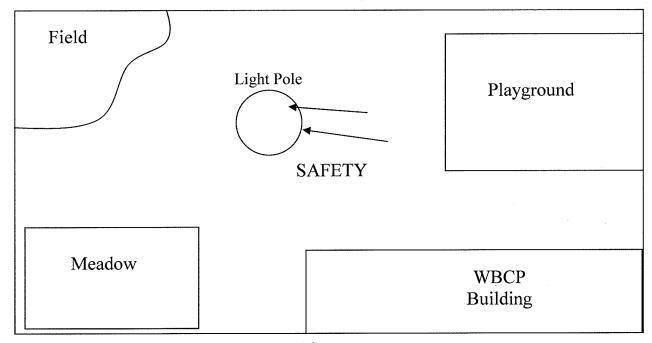
Activity Title:

RC Tag

Staff:

Active

Age Group: 6-12



Diagram

Lesson Plan: This games is similar to an advanced Hide & Seek game. Divide the kids into equal groups. If you have 5 leaders, make 5 groups with each leader in charge of a group. The more groups the better. Each group gets a walkie talkie.

One group starts inside and counts to 100 (The Seekers), sporadically giving the other groups (The Hiders) updates by counting into the walkie talkie. Meanwhile, the other teams are hiding in different places in the park. You can go anywhere in the park or areas that the staff designates as "in bounds". Once the counting team gets to 100, the other groups try to hide and work their way to the designated "Safe Space" without getting tagged by the counting team. Your team must stay together at all times, even the tagging team.

Whichever team gets tagged the most has to count in the next round.

WARNING: If you make it safely to base, you must stay in the safe base. If you wander out and get tagged, you are tagged!

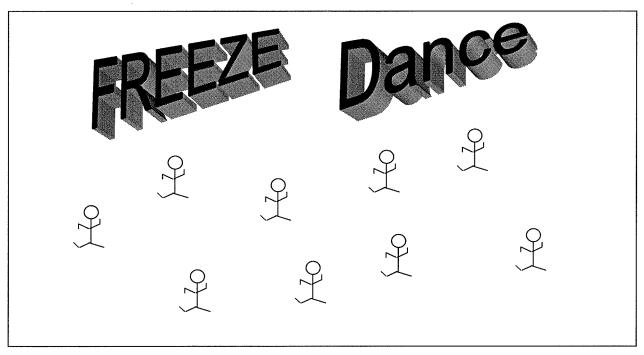
Program Date:

Activity Title: Freeze Dancing

Staff:

Active

Age Group: 5-12



Diagram

Lesson Plan: Every kid dances to the music of a stereo. Staff suddenly turns off the stereo, and the kids must freeze. If they continue to dance or even move, they are out.

Give them different dances to dance during the game. Examples include:

Animals (frog, chicken, lion, etc.)

Slow motion

Fast motion

80's/disco

Ballet

Hip hop

Breakdancing

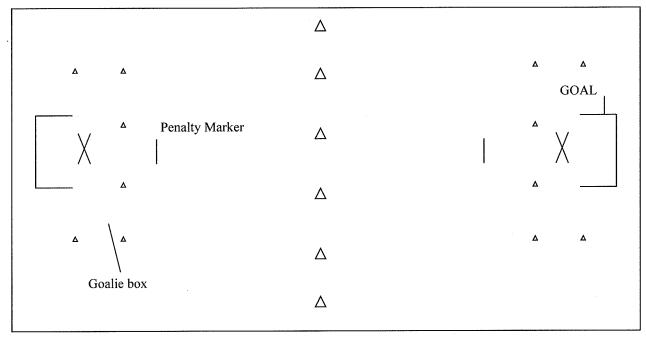
Program Date:

Activity Title: Ultimate Team Handball

Staff:

Active: High Activity

Age Group: 5-12



Diagram

Lesson Plan: The object of the game is to throw the ball into the net.

When you have the ball you and your team need to advance the ball closer to the net by passing the ball back and forth to your teammates.

You need to cross mid-field in order to score a goal. (You cannot score from your defending half.)

You cannot foul, block inappropriately and give on the player who has the ball some space to pass.

You cannot kick the ball.

If you break rules 2 or 3, then a penalty shot is awarded.

A penalty shot is a free throw from the penalty marker, one on one, thrower vs. goalie. Goalies must remain in their goalie boxes.

Supplies: Cone, soccer goals and a gator ball or nerf style ball

Program Date:

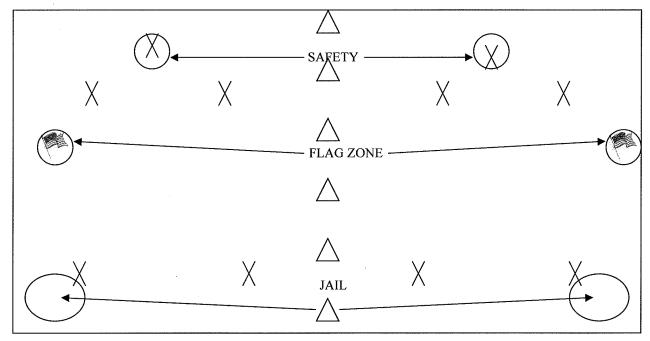
Activity Title:

Capture the Flag

Staff:

High Active

Age Group: 5-12



Diagram

Lesson Plan: Divide a large area into two halves.

Each half gets three hula hoops: two smaller hoops (flag zone and safety zone) and one big hoop (jail).

A flag or item symbolizing a flag goes into the flag zone.

Kids trying to steal the flags are safe in the safety zone.

 ${\it Kids\ who\ are\ tagged,\ IN\ THEIR\ ATTACKING\ ZONES,\ go\ to\ the\ jail\ in\ their\ attacking\ zones.}$

Get the flag from the other side and return it safely to your side without being tagged and you are the winner!

If you are in jail, you can get back in by being tagged by a free member of your team.

After he/she tags you, you have free passage back to your side.

Program Date:

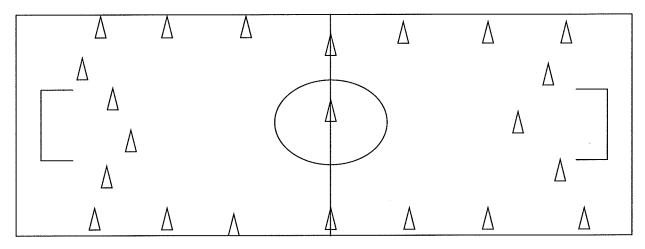
Activity Title:

Football Frenzy

Staff:

Active: Active

Age Group: 6-12



Diagram

Lesson Plan: You need 2 soccer goals, nerf ball or nerf football, flag football flags, and cones.

Set up a soccer style field with a half way point.

Put the kids into 2 teams. All kids put on flag.

The goal of the game is put the ball into your teams goals/net. You will position the two teams similar to Capture the Flag and place one kid in the goal to be the goalie. (Staff will set up a semi circle around the goal. Kids cannot throw the ball inside this area.) This is for the safety of the goalie.

The team carrying the ball will cross over the enemy's side of the field to work as a team to throw, toss, or kick the ball into their net without getting their flags pulled off. They must work as a team.

If they drop the ball then the ball is dead and the other team gets the ball.

All dropped balls become an automatic turnover.

If a player gets 1 flag pulled, then they get a free walk back to their side of the field. (The flag will stay on the ground.)

When the second flag is pulled from a player then that player must go to the sidelines. They will wait on the sideline until a goal is scored by their team.

When a goal is scored by their team then all there team members. The kids play until they are tired.

Supplies/Equipment Needed: Soccer Goal-2, Nerf ball or Nerf Football, football flags, Cones.

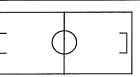
Drag and drop these symbols to help you with your diagram!

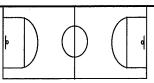












Program Date:

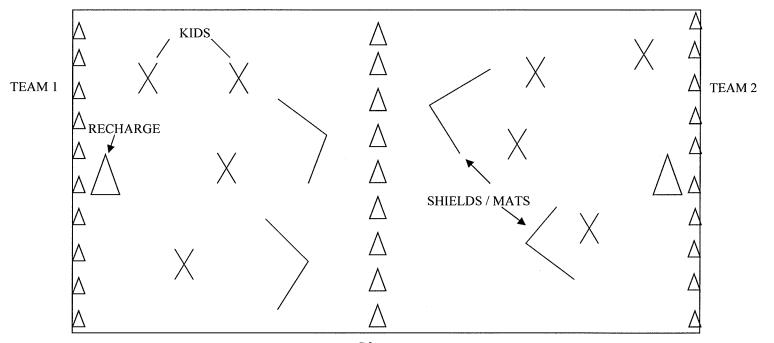
Activity Title:

Star Wars

Staff:

Active: High

Age Group: 5-12



Diagram

Lesson Plan: *Divide the group into two teams. Make sure they are even! Assign one kid on each team to be that team's "JEDI." This person gets a "light saber" (use a pillow polo stick or a soft baseball bat).

- *Divide the space into two coned sections. One team lines up long the cones, the other team on the line of cones. Put dodgeballs on the line in the middle dividing the two teams. Once you yell, "GO!" the kids run to the middle to get the balls. Put up mats on each side for the Jedi to hide or for the players to hide.
- *You get out if you 1. get hit below the neck 2. throw a ball and someone on the other team catches the ball. If you get out, you sit down where you were hit or threw the ball.
- *You can get back in if you throw a ball and hit someone while you are sitting down, or IF THE JEDI ON YOUR TEAM touches you with their light saber. After they free one person, they must recharge. Once the Jedi is out, they cannot get back in!
- *Whoever is left standing wins! Pick a new Jedi every game.

Program Date:

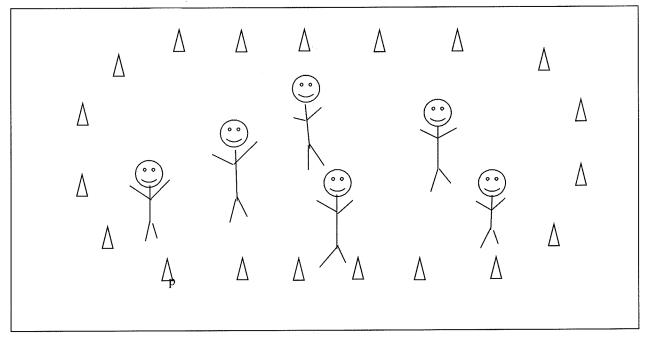
Activity Title:

Ultimate Tag

Staff:

Active: High Activity

Age Group: 5-12



Diagram

Lesson Plan: Ultimate Tag is not your average game of tag. You will need to set up an enclosed area (does not have to be any specific size or shape). In this game everyone is considered "it" at all times. Players will run around and try not to be tagged, while tagging others. If player A is tagged by player B, Player A will sit down where ever he/she was tagged. Player A can only get back in if Player B gets tagged. Player A must wait and watch until Player B gets tagged (its important for kids to remember who tagged them!). If two players tag each other at the same time or have a dispute, they must play rock, paper, scissors. Who ever wins continues playing and the loser sits down. This game is basically never ending unless one player manages to tag everyone. There is no time limit or score so ending the game is based on the discretion of whoever is running the game. If the game is slowing down and only a few kids are still standing you can call "Jail Break" allowing all the kids back up and a fresh start. Have fun.

Supplies: Cones

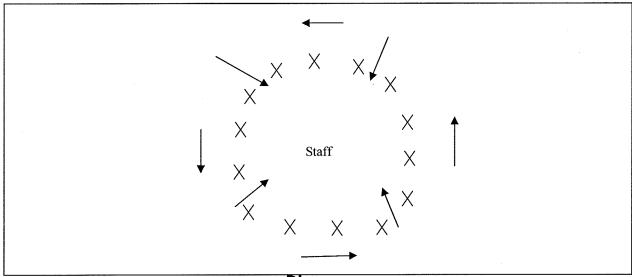
Program Date:

Activity Title: Mickey Mouse

Staff:

Active or Passive: Active

Age Group:



Diagram

Lesson Plan:

- 1. Have all Kids sit in a round circle
- 2. Give each kid a color or number... only use 3 numbers or 3 colors Example: Red, White, Blue or 1,2,3 (this will give you 3 different groups)
- 3 Have a leader stand in the middle of the circle
- 4 The leader then calls out a number or color and has the kids run around the circle (counter clock wise) until they get back to their original spot. They run through their original spot and try to be the 1st person to touch the leader that's standing in the middle. The other numbers remain seated while the number that is called runs around the circle.
- The first person that touches the leader then becomes a Donald Duck He no longer runs when his number is called, he only runs when he hears

 Donald Duck called. The kids must act out characters (Donald Duck Quacks)
- 6. You progressively go up the Disney chain until you get to Mickey Mouse. Donald Duck "Quack", Goofy "Bark", Mini Mouse "Skip" Mickey Mouse runs with "Mouse Ears"
- 7. Once kids become characters, then the leader can call out a number/color or a character that has been assigned.
- 8. Be creative and come up with other Disney Character's

Program Date:

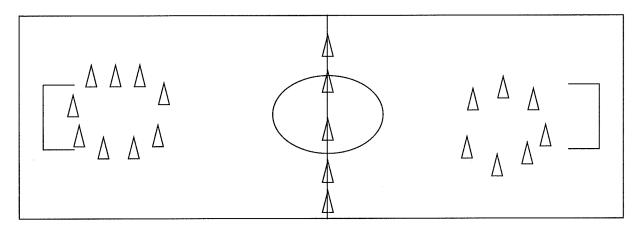
Activity Title:

Rock/ Paper/Scissors

Staff:

Active: High Activity

Age Group:



Diagram

Lesson Plan:

On the soccer field, put cones in a large rectangular shape.

Also place cones down the center, dividing the field in two.

Make two large circles out of cones, one on each side of the field.

Play the game like rock paper scissors, jumbo sized.

Separate the group of kids into two groups.

To play the game, each group needs to agree on either rock paper or scissors.

Make sure all kids know their sign and know what sign beats what, ect.

Have each team line up on the center dividing line.

Call out together, ROCK, PAPER, SCISSORS.

Then if team A looses the battle they must retreat to their safe zone before team B tags them.

If anyone on team A was tagged they them become part of team B.

You then repeat the steps.

Supplies/Equipment Needed: Cones

Drag and drop these symbols to help you with your diagram!

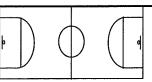












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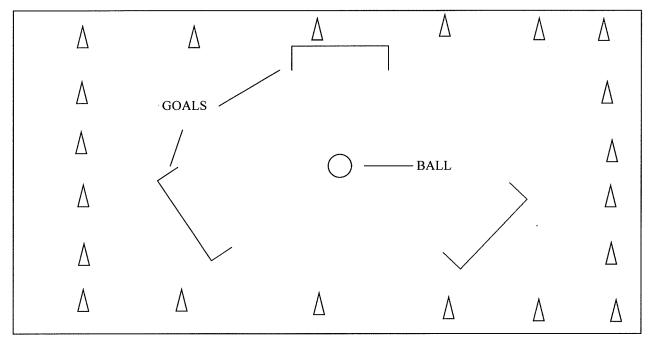
Activity Title:

3 Goal Soccer

Staff:

Active: High Activity

Age Group: 5-12



Diagram

Lesson Plan: Rules are the same as normal soccer.

However, there are three teams with three goals.

Each team is in charge of defending their own goal.

Each team tries to score goals in the other teams' goals.

As soon as 3 goals are scored on one goal, that goal is flipped upside down, and that team is out.

The last team with a goal standing wins.

More than three teams might be needed pending on the number of kids in your program.

Supplies: Cones, 3 portable soccer goals, soccer ball

Program Date:

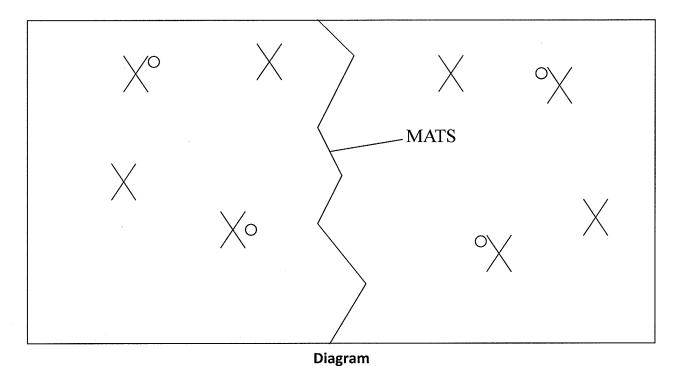
Activity Title:

Bombardment

Staff:

Active: High Activity

Age Group: 5-12



Lesson Plan:

Two teams, one on each side of the mats.

Dodge ball rules apply except you cannot catch the ball, or even touch it.

You can only pick it up when it is rolling.

If you get hit with the ball, you sit out on the side until next game.

Vary rules by saying they can catch the red balls, or giving certain colored balls different specialties.

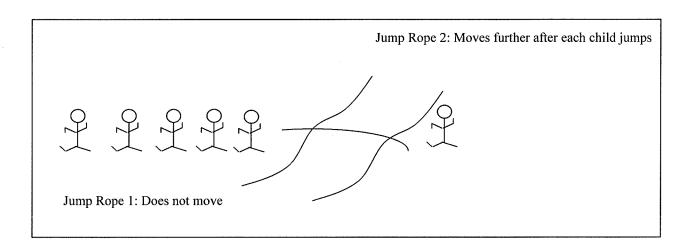
Program Date:

Activity Title: Jump the River

Staff:

Active or Passive: Active

Age Group: 5-12



Lesson Plan:

Line up the kids behind a cone, about 20 feet away from a jump rope on the ground. This jump rope signifies the beginning of the RIVER.

Have each kid run and jump over the river. After every kid makes it over, extend the river to make it more difficult to jump over. If a kid lands in the river, he/she is out and must sit out the rest of the game.

Have the kids who are out cheer on the other kids and you can even pick a couple helpers to expand the river.

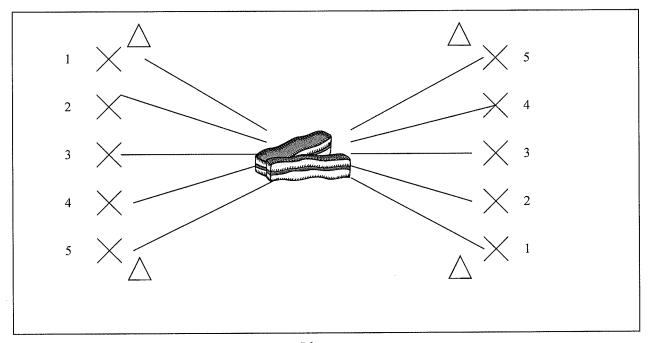
Program Date:

Activity Title: Steal the Bacon

Staff:

Active: High Activity

Age Group: 5-12



Diagram

Lesson Plan:

Divide the kids into two teams and give each kid on each team a number.

Team one has numbers 1 through whatever and team two has numbers 1 through whatever. Place the "bacon" in the middle. You can use anything to symbolize the bacon, as long as it is something the kids can easily pick up and hold.

Call out a number and watch as the kids go to the middle and try to "steal the bacon." Which ever kid gets the bacon and takes it past his team's line, that team gets a point. However, if you pick up the bacon and get tagged, neither team gets a point, and both kids return to their respective lines.

Program Date:

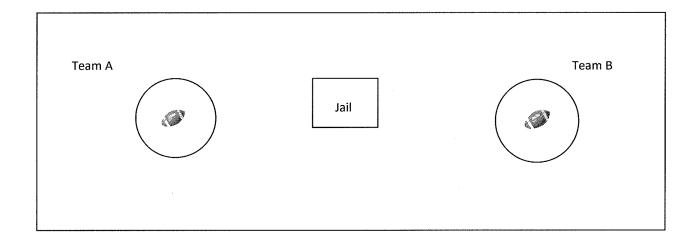
Activity Title:

Recon

Staff:

Active or Passive: High Activity

Age Group: 6-12



Diagram

Lesson Plan:

Recon is played a lot like capture the Flag.

The field doesn't need to have cones as boundaries, you an use other things i.e (the baseball field, soccer field).

All you need is two bases (a circle of cones) this is the safe spot for the other team.

Inside the safe spot will be a football.

Both teams will be wearing flags and start at there own base.

When the game starts both team will try to capture the opponent's football and bring it back to their base without getting their flags pulled.

If they make it successfully back to the base they get a point.

First to 7 points wins.

Teams may pass the football to one another; if the ball hits the ground it must go back to the base.

You can pull someone's flag any where on the field; there is no half way line. If you get your flags pulled you must go to jail(a square of cones somewhere equal to both teams bases)

To get out the kids must perform a task such as 10 push ups, sit ups, hula hoop, jump rope or jumping jacks. Once they do they may return to the game.











